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# **OUT OF THE GATE**

rado Avalanche's P.A. Parenteau and Edmonton Oilers' Ryan Nugent-Hopkins collide during the Oilers 4-1 win

# \$4K reward offered for S missing pets

# **Buddy and Maddy.**

Family desperate to find beloved dogs

ANNALISE KLINGBEIL

An animal tracker, a pet a Google map of potential sightings, a Facebook page and hundreds of posters have yet to bring Buddy and

Maddy home.
Since their pets disappeared on Dec. 29, an Edmonton family has tried everything they can think of to find Buddy, a two-yearold yellow lab, and Maddy, an eight-month old bulldog.

"Were they stolen? Did they run off? I don't have the answers to that," said



mother Carmel Baird.

What Baird does know is that Buddy and Maddy were last seen at her family's acreage in northeast Edmonton near the Clover Bar Landfill.

In the month since the dogs disappeared, the family has hired experts and created a Facebook page that has nearly 1,500 likes and is updated often with posts that read like a diary.

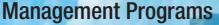
"We are so mentally and physically and emotionally exhausted," Baird said. "We just want an answer.'

Stephanie McDonald, CEO of the Edmonton Humane Society, said she's followed the family's story closely and is impressed by how Baird has engaged and educated people through her lost dog Facebook page.

'It's really a movie in the

making from my perspec-tive," McDonald said. While not all pet owners have the resources available to do what the family has done, McDonald said people will go to great lengths to

find their missing animals.
"We're just not giving
up. We feel like they have to be somewhere," Baird said, urging anyone who sees the dogs to call 780-700-0462.



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## Facing challenges

# **Balanced** budget a day-to-day calculation, **Redford says**

Facing a huge fiscal hole in the coming budget, Premier Alison Redford said she does not yet know if the budget will be balanced.

"We are working day to day on that right now, the numbers change and there is nothing we can do about that, it is simply reality," said Redford in a follow-up interview after last Thursday's televised address.

Redford said the government is working constantly to improve the

budget. "We have made it pretty clear we are going to have to make some tough choices, but we will be able to table a budget that will meet the needs of Albertans." Redford's address

outlined challenges facing the province, as Alberta continues to get much lower prices for its oil than producers from other jurisdictions.

She also promised the government would begin re-investing in the province's heritage fund.

"We have made a commitment to Albertans .. to do that, the details will be in the budget, but we are committed to doing that.'

Redford said she hoped the economic summit she announced could help the province stop the lurching from crisis to crisis.

"Everything has to be about a bigger picture. One of the reasons we are in this situation right now is because governments for too long have made decisions based on annual results, third quarter results, second quarter results and we have to have that longterm vision and plan. RYAN TUMILTY/METE



# **Edmonton wins** bid for triathlon

## International talent.

Event will bring 6,000 athletes to city in 2014

# TUMIITY

Edmonton will play host to the grand final of the International Triathlon Union (ITU) series in 2014.

The premier international triathlon event was awarded to the city this past weekend and will take over the Hawerlak Park in Sep-

tember 2014.
Former Olympic triath-lete Paul Tichelaar said having the competition here in Edmonton will be great for

local athletes.
"We hosted the world championships in 2001 and that is where I got my start,"

Kevin Clark, a coach at the Edmonton Triathlon Academy, said his aspiring triathletes are going to be motivated to win in their hometown.

"It provides that spark. That's what we are looking for; the athletes want something that is going to drive them long term," he said. Clark said the race is

second in stature only to the Olympics, but will bring more athletes to the competition.

"The Olympics is the highest level, because there is more pressure, but the depth of the field will be higher in the world cham-pionships."

The event will require the city to spend \$2 million of the \$5 million hosting budget. The city will also have to improve Hawerlak Park Lake, which a city report estimated would cost \$1.23 million.

Sheila O'Kelly, executive director of the triathlon academy, said Edmonton was chosen, in part because

of how the city has sup-ported events in the past. "Having a host city that is as opening, welcoming, supportive and particularly financial supportive as Edmonton is unique," she said.

O"Kelly said she is absolutely confident the city will put on a world class race.

Organizers estimate the alobal television audience for the race to be 21 million people across 160 countries.

- The plans for Hawrelak Park Lake include draining it and making it deeper, while also repairing the clay liner.
- The work would be completed in the fall.

"We are ready to put on great show. We committed to the ITU one word: "excellence". And that is what we are going to deliver."



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This polar bear ice carving in Churchill Square won't feel the cold Tuesday, but Edmontonians should be prepared to bundle up as temperatures begin to plunge for several days. RYAN TUMILTY/METRO

# **Brrr! Temperatures** set to drop (... but there's good news)

Forecast. Wind chill to push temperatures into low minus 30s

# TUMILTY

Oh baby, will it ever be getting cold outside.
Temperatures across the

Edmonton region will plummet Tuesday, with wind chills forecast as low as

Global Edmonton meteorologist Nicola Crosbie is predicting a low of -27 C, but with winds estimated at between 20 and 30 km/h, it

Don't forget your mitts

The forecast low for Edmonton Tuesday is -27 C.

will feel a lot colder.

"At those sorts of temperatures, it doesn't take much of a wind to give us a wind chill at all," she said.

Crosbie said the bonechilling cold is being caused by an Arctic air mass, but the good news is that it is only staying for a few days before warming up.

"It is not unusual for it to be cold or this warm: it just has been happening so

Joel Nikkel, a spokes-person with the Hope Mission, said they were already seeing big numbers in the

"We expect to have more than 550 people staying with us tonight," he said. "If the weather stays cold we will definitely see or num-

bers stay high." Nikkel said the mission needs men's ski gloves and long underwear for those who stay outside and could always use a financial dona-

"People are feeling grateful for the warmth they have. They can always go to our website and make a fi-

## Ground and air search

# One killed in helicopter crash near Fox Creek

A pilot is dead after a helicopter crash near Fox Creek on Sunday.

RCMP officers from Fox Creek responded to a helicopter down call around

10 p.m. on Sunday. After a ground and air search of a large wooded area north of the Berland River and south of the Alberta Newsprint Company haul road, the plane's pilot was located after 5

His name has not been released. metro

# **Proposal. Councillors** wary of online voting

City councillors expressed wariness about online voting Monday, citing worry about the possibility that an online poll wouldn't be secure.

"I am not 100 per cent confident in the security of the Internet and never have been," said Coun. Linda Sloan.

The proposal was at council's executive committee Monday and was moved forward to council, but many councillors sounded unconvinced.

Edmonton resident Chris Cates, who works in the computer industry, told councillors that he had voted twice during the city's mock jellyb-

"Right now if you are prepared to break the law, if you are prepared to lie, you can game the system." Coun. Ben Henderson

ean vote.

Coun. Ben Henderson said the flaws that were identified are also present in the current system.

The issue will be before a full city council meeting Feb. 6. RYAN TUMILTY/METRO

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# Groups of every description hold fast with Idle No More

**Tea Dance.** Activists gather together at Churchill Square

ANNALISE KLINGBEIL

It was a dance like never before. Holding placards in support

of Idle No More, more than 200 people joined activist Morningstar Mercredi in a tea dance at Churchill Square on Monday.

"As the drums begin here to-

day, we call upon all races and all nations to stand in solidarity with Idle No More," Mercredi told the crowd, which included faces from Greenpeace, the Alberta College of Social Workers and Friends of Medicare.

Protesters listened to brief

speeches from various organizations that have declared their solidarity with Idle No More before dancing in a circle to the music of Dene Tha Drummers.

The rally was one of several happening across the world as part of a global day of action. It also coincided with the return of Parliament in Ottawa.

The Edmonton event at Churchill Square was pre-ceded by the launch of Com-

## "You're a beautiful siaht. I've never had a more proud moment in my life."

Activist Morningstar Mercredi to the Idle

mon Causes, an assembly of social movements dedicated to defending democracy, the environment and human rights.

The groups uniting under the Common Causes movement believe co-ordinated action is needed.

"It's about building relations but also understanding that everything that Idle No More is impacts every citizen," said Bill Moore-Kilgannon, executive director of Public Interest Alberta

## **Report commissioned**

# City weighs new soccer stadium

A new 15,000- to 20,000seat soccer stadium is a possibility for Edmonton. but not before the city is convinced there's a need.

City councillors voted on Monday to move the idea forward, asking city administration to study if a new stadium is required.

Edmonton FC president Tom Fath told city councillors that while his team would love such a facility, there is also a need for it to host international events. RYAN TUMILTY/METRO

## Near release

# Public warned of violent offender



The Edmonton Police Service has issued a warning about a dangerous offender who will be released from a regional psychiatric centre this week.

Bruce Windsor, 51, is considered by police to be violent and a sexual offender who poses a risk of significant harm.

Windsor will be residing in the Edmonton area and will be closely monitored by the police's Behavioral Assessment

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# Flight. Monkey in rocket launched into space, says Iranian state TV

Iran said Monday it has successfully sent a monkey into space, describing the launch as another step toward Tehran's goal of a manned space flight.

According to a brief report on state TV, the rocket, dubbed Pishgam, or Pioneer in Farsi, reached a height of 120 kilometres. The report gave no other details on the timing or location of the launch, but said the monkey safely returned to Earth.

Still images broadcast on state TV showed a small, greytufted monkey presumably being prepared for the flight, including wearing a type of body



protection and being strapped tightly into a pod that resembled an infant's car seat.

THE ASSOCIATED PRESS

## Possible change

# U.S. Boy Scouts considering retreat from no-gays policy

The Boy Scouts of America is considering a dramatic retreat from its controversial policy of excluding gays as leaders and youth members.

Under the change now

being discussed, the different religious and civic groups that sponsor Scout units would be able to decide for themselves how to address the issue — either maintaining an exclusion of gays or opening up their membership.

Monday's announcement of the possible change comes after years of protests over the policy.

THE ASSOCIATED PRESS

# Neglect, errors contributed to Brazil nightclub blaze

**231 dead.** No fire alarm, sprinklers or fire escapes resulted in the world's worst fire of its kind in more than a decade

There was no fire alarm. There were no sprinklers or fire escapes. And when a band member tried to put out a fire that had been started by pyrotechnics, the extinguisher didn't work.

All the elements were in place for the tragedy at the Kiss nightclub early Sunday.

The result was the world's worst fire of its kind in more than a decade, with 231 people dead and the southern Brazilian college town in shock and mourning.

Funerals began on Monday, as reports continued to emerge about the accumulation of neglect and errors at the packed night spot.

According to state safety codes here, clubs should have one fire extinguisher



Relatives and friends carry the coffin of Vinicius Rosado through a cemetery during his burial in Santa Maria, Brazil, Monday. A fast-moving fire roared through the crowded, windowless Kiss nightclub in this southern Brazilian city early Sunday, killing 231. FELIPE DANACTHE ASSOCIATED DESS.

every 1,500 square feet as well as multiple emergency exits. Limits on the number of people admitted are to be strictly respected. None of that appears to have happened at the Santa Maria nightclub.

"A problem in Brazil is that there is no control of how many people are admitted in a building," said Joao Daniel Nunes, a civil engineer in nearby Porto Alegre.

THE ASSOCIATED PRESS

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## Plane crash

# **Memorial service** held in Antarctica

A memorial service has been held in Antarctica to honour three Canadians who died in a plane crash there last week.

The three employees of Calgary-based Kenn Borek Air were killed when their Twin Otter slammed into a mountain on Wednesday.

The U.S. National Science Foundation held the ceremony at its Amundsen-Scott

South Pole Station.

The agency says the dead men made the ultimate sacrifice while supporting scientific research in a remote and hostile environment.

American and New Zealand searchers were able to recover the voice recorder from the plane's tail and it is being sent to Ottawa to be examined.

But searchers have decided they cannot safely recover the bodies of the men until possibly October, when winter in Antarctica is over. The canadian press

Beloved matriarch

# Queen of the **Netherlands to** abdicate throne

Dutch Queen Beatrix, 74, announced Monday that she will abdicate on April 30 after 33 years as the head of state, clearing the way for her eldest son. Crown Prince Willem-Alexander, to become the nation's first king in more than a century.

THE ASSOCIATED PRESS



# **Morsi fails to** keep Egypt from falling into revolt

Five days of violence. Nighttime curfew and army presence don't prevent protests, riots

Protesters battled police for hours in Cairo on Monday and thousands marched through Egypt's three Suez Canal cities in direct defiance of a nighttime curfew and state of emergency, handing a blow to Islamist President Mohammed Morsi's attempts to contain five days of spiraling violence.

Nearly 60 people have been killed in the unrest that has touched cities across the country but has hit hardest in the canal cities, where residents have risen up in outright re-

The latest death came on Monday in Cairo, where a protester died of gunshot wounds as youths hurling stones battled all day and into the night with police firing tear gas near Qasr el-Nil Bridge. In nearby

Tahrir Square, protesters set fire to an armoured personnel carrier.

"I will be coming back here every day until the blood of our martyrs is avenged," 19-year-old carpenter Islam Nasser, who wore a Guy Fawkes mask as he battled police.

Angry and screaming at times, Morsi on Sunday declared a 30-day state of emergency and a nighttime curfew on the three Suez Canal cities of Suez, Ismailiya and Port Said and their provinces. He instructed police to deal "firmly and forcefully" with the unrest and threatened to do more if security was not restored.

But when the 9 p.m. to 6 a.m. curfew began Monday evening, crowds marched through the streets of Port Said. In Ismailiya, residents organized street games of soccer to emphasize their contempt.

Army troops backed with tanks were deployed in Port Said and Suez, but they did not intervene to enforce the curfew the associated press



# Mexico. Ten bodies found in well believed to be part of missing band and crew

Searchers pulled 10 bodies from a well in northern Mexico on Monday, near the site where 20 members of a Colombian-style music group and its crew disappeared late last week, according to a state forensic official.

It was hard to determine how many more bodies were submersed in the water, said the official, who spoke on

condition of anonymity.
Sixteen members of the band Kombo Kolombia and four crew members were reported missing early Friday after playing a private show at a bar in the town of Hidalgo, north of Monterrey.

Members of other musical groups have been murdered in Mexico in recent years, usually groups that perform "narcocorridos," which cele-brate the exploits of drug traf-fickers. But Kombo Kolombia did not play that type of music, and its lyrics did not deal with violence or drug trafficking.

THE ASSOCIATED PRESS











madd





# Canadian forces are in Mali, but not in combat role: Sources

# Chadian soldiers are seen securing Gao airport, north of Mali, on Saturday. Canada's special forces are on the ground in the troubled West African

urces within the Department of National Defence said Monday

# **Islamist insurgency.**

Feds stand behind nonintervention mandate despite landing boots on the ground

Canada's special forces are on the ground in Mali to help protect Canadian personnel who are already operating in the troubled African country, say sources within the Department of National Defence.

Few other details were immediately available, although the Department of Foreign Affairs went to lengths to communicate that the presence of special forces soldiers does not signal an involvement in combat.

"We have been clear; there will be no mission in Mali," a Foreign Affairs official said in a statement. "Steps have been taken to ensure our mission and Canadian personnel are protected."

Canadian Forces crews have been piloting and supporting Canada's C-17 heavy-lift transport as it moves military equipment in support of French troops. That mission, which was originally only supposed to last a week, is now

## International pressure

The Harper government has been under pressure from the African Union — and from countries bordering Mali that are plagued by Islamic insurgencies of their own — to take more decisive military action.

scheduled to continue until Feb. 15.

Prime Minister Stephen Harper said Monday that any further role for Canada would require consultation with parliamentarians.

"We are providing technical assistance to French and other military forces who are there. We have committed heavy-lift aircraft to that engagement, which is being done under a United Nations mandate," Harper told the House of Commons in response to a question from NDP Leader Tom Mulcair.

There had been speculation that the government would provide a smaller, C-130J Hercules transport to carry African troops into Mali, where forces are fighting to retake the northern half of the country from al-Qaida-linked militants.

THE ASSOCIATED PRESS

## Born in the U.S.A.

# L.A. cracking down on makeshift maternity wards

Los Angeles County is planning a crackdown on makeshift maternity wards where pregnant women, mostly from Asia, stay while giving birth so their children will be U.S. citizens.

The county has received 60 complaints about such facilities in the past month, the Los Angeles Times reported Sunday.

The surge might be due to publicity over the closure of one house that authorities said had been used to house as many as 30 Chinese women.

It isn't illegal for foreign citizens to give birth in the U.S., but authorities say the maternity tourism hotels frequently are remodelled single-family homes in areas that aren't zoned for hotels.

Pregnant women can pay thousands of dollars to stay in the facilities, authorities said.

THE ASSOCIATED PRESS

# Bureaucrat sex tapes.

# Chinese police trying to squeeze whistleblower

A Chinese whistleblower holding secretly filmed sex tapes featuring city bureaucrats has come under pressure from police to hand them over for an investigation into an embarrassing scandal that has already cashiered 11 officials.

Police questioned Zhu Ruifeng, a former journalist who triggered the scandal in the southwestern city of Chongqing, for seven hours Monday about the tapes and said he could be liable for prosecution if he did not surrender them.

"The police were very polite, but they said they wanted the videos. I firmly refused to give it to them because I have to protect my source," said Zhu.



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# Call of the mountain lures powder hounds

Extreme winter-sports warrior. Despite almost dying in an avalanche, Jeremy Hanke is still drawn to the wilds of B.C.'s mountains



Discovering B.C.'s back-country 20 years ago was the moment that Jeremy Hanke says turned his life around.

He got his first taste of extreme winter sports at 15 after moving from his adoptive grandparents' home in southern Alberta to the northern B.C. town of Mackenzie to live with a different side of his family.

He was troubled and, in his own words, headed down the wrong path — until some friends handed him a snowboard and introduced him to Powder Keg Mountain.

Powder Keg Mountain.
"With everything that was going on in my life at the time, it seemed to be the answer of peace and solitude and motivation," he told Metro during a recent interview in Revelstoke, B.C., where he now works as an avalanche safety educator for snowmobilers.

"It's the feelings that you get out there, it's the friends that you're with, the experience in the mountains.

"To be honest with you, if it wasn't for snowboarding or what I do here, I'd probably be in a jail cell somewhere."

Before long, snowboarding took over his life entirely, Hanke, 35, said. He spent summers working in the Alberta oil patch so he could spend whole winters boarding the backcountry in Canmore and Banff in Alberta and Fernie, Golden and finally Revelstoke, in B.C., where he eventually settled.

By 25 he had dabbled in pro-bottom of the ware ware states of the bled in pro-bottom of the ware states of the bottom of the b



fessional snowboarding and started getting into snowmobiling as a way to enable

himself to go farther into the backcountry.

He didn't expect that despite all his avalanche-safety training, someone else's lack of experience would almost cost him his life.

## **BURIED ALIVE**

Hanke had just dropped down a cliff encrusted with a thick, unstable snowpack in March 2004 to join a group of fellow experienced snowmobilers when he heard the distant rumble of another group of sledders coming toward them.

sledders coming toward them.
The avalanche danger that day was listed as "considerable" — not high or extreme, which might have kept them inside, but the dangerously optimistic yellow zone in which experts say most accident between

"We were parked at the bottom of the run-out, which

was a mistake of our own, and exposed to a slope above ourselves," Hanke

Jeremy Hanke turned to a career as an avalanchesafety educator several years after surviving one.

> MATT KIELTYKA/METRO IN VANCOUVER

recounted.

Recognizing the danger, he and his friends began to position themselves for escape—but it was too late. Two men from the other group began climbing the slope right above them, and one of them triggered a Size 3 avalanche (on a zero-to-five scale), burying his companion, along with Hanke and three of his friends, under up to two metres of snow.

## Waiting to be rescued

# "I kind of just lost that hope for the last minute and went to sleep."

leremy Hanke

"There's one rule in the backcountry: You never climb or scan or travel above somebody else on any sort of avalanche terrain," Hanke explained. "No fault of their own — I just don't think they had the knowledge."

In the terrifying minutes that followed, those in Hanke's group who weren't buried were able to rescue the others using their beacons, probes and shovels — the life-saving holy trinity of any avalanche kit. Hanke was the last to be rescued, spending eight to 10 minutes under

the crushing weight of the icy debris.
"I kind of just lost that

"I kind of just lost that hope for the last minute and went to sleep," Hanke recalled.

"My tongue was in the back of my throat when they pulled me out. When a friend of mine pulled me out he was really nervous that my back was broken and one leg was over above my head. I looked like Gumby, and I was blue."

It turned out that he looked to be in worse shape than he was in, and Hanke ended up walking away with no injuries other than some oxygen deprivation. But not everyone was so lucky.

One of the two men from the other group, a 29-year-old from Alberta with a wife and young children back at the hotel, had forgotten his transceiver that day. He was buried for almost half an hour and did not survive. DAY 2 THE RISK

**Tomorrow: The Rescuers**Meet the two- and fourlegged frontline avalanche
responders.

## BREAKING THE SILENCE

Hanke says he did not speak publicly about his shocking experience for six years, but was back on his sled three weeks later. He said he has never spoken to a psychologist or counsellor, although the emotional trauma of what he felt and saw still lingers.

But three years ago Hanke broke his silence after a friend reached out to him on behalf of avalanche-safety educators who were trying hard to engage the newest and fastest-growing contingent of backcountry users — snowmobilers like him.

Since then, Hanke said he has told his story to backcountry enthusiasts and the media at least 100 times. He still cries every time but he continues to tell it for two reasons.

First, Hanke hopes the mistakes that were made — both his and those of the others — will inspire more people to get training and carry an avalanche kit with them at all times

The second, he said, is more personal. As he started to explain, he paused, took some deep breaths. "For some odd reason I feel like it gives meaning to the person that lost his life — the father that was lost, the friend that was lost, the friend that was lost the didn't die in vain."

## **Exclusively online**



To watch a video of Jeremy Hanke recounting what it was like to be buried in an avalanche, visit metronews.ca/ backcountry.



**AVALANCHE WEEK** 

# **Backcountry** use is in our Canadian DNA

Answering the call of the wild is simply a way of life in this country

"Winter in the mountains is part of the Canadian experience," says Ilya Storm, forecast co-ordinator for the Canadian Avalanche Centre in Revelstoke, B.C. "We come from a country of igloos and fur traders and birch-bark canoes. We love our snowshoes, and in today's world it means split snowboards and skis. Being out in the mountains is a great thing.'

And, experts say, proper k management can ensure that the dangers associated with venturing into the mountainous backcountr don't outweigh the rewards. backcountry

In fact, those tasked with keeping the public safe are also some of the staunchest supporters of the public's right to explore Canada's vast provincial and federal parks.

"It can be done safely. Closing access — that's not the answer," says Brent Hillier, an Avalanche Skills Training instructor at Vancouver's Canada West Mountain School. "For people that do go into the backcountry, it's where we learn about ourselves. It's where we really understand what's important in life. It's who we are. You can't take that away from



Park in an effort to keep backcou

It's an experience that empowers locals, and is sold to international visitors as part of our nation's appeal.

"It's amazing every day," says Grant Statham, mountain-risk specialist for Parks Canada and a mountain guide. "People come out to enjoy some peace and quiet. The skiing is awesome, you get beautiful soft powder

flying over your forehead all day long — it's just fantastic."

Revelstoke may be a small B.C. community nestled in the mountains along the Trans-Canada Highway (415 kilometres west of Calgary and 564 kilometres east of Vancouver) but it's carved out a big reputation for itself on the world stage.
"This is the epicentre for

"It's where we really understand what's important in life. It's who we are. You can't take that away from us."

Brent Hillier, Avalanche Skills Training instructor at Vancouver's Canada West Mountain School

backcountry skiing," says Rob Elliot, general manager of the Revelstoke Mountain Resort. "We just sell good skiing. People love this area: It's so easy to traverse into great alpine terrain and tree skiing.

Statham says backcountry trips are all good things at once: spiritual journeys, social occasions and great exercise.

And the more people do it, the more they're hooked.

"The more you learn about the mountains, the more interesting they be-come," says Statham, one of the architects of Canada's existing avalanche-danger scale and forecasts. "You begin to understand them. You learn the science of snow, see how it changes if the wind blows in a specific direction. There's a lot to learn and appreciate."

MATT KIELTYKA/METRO IN VANCOUVER

# **Canucks running to the** hills in record numbers

More people than ever are heading for the hills

Across the board, the socalled "avalanche industry" is in agreement that the number of people skiing, snowboarding, sledding and touring through Canada's wilderness is increasing mas-

Just how many people go into the backcountry, however, remains a mystery.

"It's hard to know what goes on in the mountains," admits Ilya Storm, Canadian Avalanche Centre forecast co-ordinator. "We only talk about the fatalities, in part, because they're tracked.

Storm says the number avalanche-related deaths in Canada hovers at around 14 people each year, but the number isn't necessarily indicative of how dangerous the backcountry may be.

"Fourteen fatalities for 100,000 backcountry users is a way better story than 14 fatalities for 50,000 users,

The approximate number of annual avalanche-related deaths in Canada, ac-

The approximate number — 1,413,230 to be more precise — of requests for public avalanche forecasts in 2011-12.

The number of people who take Avalanche Skill Training courses each year. 124%

7,000

The increase in users at Glacier National Park from 2009 to 2012.

he says. "We don't really know what the rate of avalanche fatalities and close calls are."

Backcountry skiers have established a good safety record through decades of industry growth, but new at-risk user groups are emer-

ging.

Sledders — aided by techrapidly improving technology — now account for nearly 41 per cent of avalanche fatalities in B.C.

"(Snowmobiles) make the mountains much more accessible," says Storm.
"You don't need to be super skilled to be able to do the things hotshots were doing just a handful of years ago. Sleds have just become better, and now the hotshots pushing it (further into the backcountry).

The popularity of snowshoeing as an affordable

winter fitness activity - especially in the many prov-incial parks that are, quite literally, at Vancouver's doorstep — is also placing a

new group at risk.

"It's a user group that's exploding, I'd say exponentially," says Brent Hillier, a snowshoe guide and Avalanche Skills Training instructor. "With \$200 you can get everything you need to go snowshoeing. It's a great way to take people out there, but at the same time there isn't as much awareness of the risk in that world."

Now the race is on to get the new generation of backcountry users trained and

conscious about their safety.

"People don't go out
thinking they're doing anything that's unduly risky,"
says Storm. "If we can help people match their percep tions to the reality, that's what I see as our goal."

MATT KIELTYKA/METRO IN VANCOUVER

Emma-Jane Hetherington ski-tours through the backcountry near Duffey Lake, which is about a three-hour drive from Vancouver. DVI AN I AREI I F/FOR METRO

metronews.ca
Tuesday, January 29, 2013

# Top one per cent rake in tenth of Canada's income



## **Income disparity.**

StatsCan data shows gap between the richest and the rest of us has narrowed slightly

The recession and subsequent weak recovery appears to have taken a bite out of Canada's top income earners — but they are still doing better than the rest and many suspect the setback is temporary.

Statistics Canada reported Monday that the top one per cent of the country's 25.5 million tax filers earned at least \$201,400 in 2010, accounting for 10.6 per cent of the nation's total income — down from 12.1 per cent peak in 2006.

The latest data finds the biggest narrowing in the gap between the top one per cent and the rest occurred in 2008 and 2009, when the Canadian economy was in the midst of a deep recession and the stock market lost about half its value.

Rich women

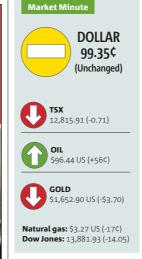
53,200

There are 53,200 Canadian women in the one per cent club — or 21 per cent of the total — compared to only 11 per cent in 1982.

By 2010, however, the recession-effect on income disparity appeared to be diminishing. There was only a slight drop-off for the top earners from 10.7 per cent to 10.6 per cent of the national income between 2009 and 2010.

Andrew Sharpe, executive director of Centre for the Study of Living Standards, says he doubts the new data indicate a trend to greater income equality because top earnings are more dependent on investments and capital gains.

"It's likely a cyclical phenomenon," Sharpe said. "There's a lot of forces in society that leads to the concentration of income. It's hard to say what's going to happen, but I wouldn't say it will continue to fall for the top one per cent." THE CANDIAN PRESS



# **Credit crunch.** Visa suffers temporary nationwide outage

Visa's credit card system was once again working late afternoon Monday after it crashed earlier in the day, leaving Canadians to reach for their billfolds.

"Visa is 100 per cent operable. The Visa network is working," a Visa spokesperson said. "The issue is with a third party provider and we will be issuing a more detailed statement soon."

Royal Bank of Canada and

TD Canada Trust said their customers were among those affected by the nationwide outage.

"The system is down for Visa credit card transactions," a recorded voice at CIBC customer service said earlier Monday afternoon. "The issue is being investigated and we hope to resolve the issue as soon as possible"

TORSTAR NEWS SERVICE WITH FILES



# Music streaming. Rdio offers free access for six months

In a bid to boost its market share amongst Canadian eardrums, Rdio is offering free access to its streaming music library for up to six months.

"We just want to be able to give everyone the opportunity to experience Rdio," said company spokesperson Marisol Segal.

The site was started by one of the creators of Skype, and launched across North America in 2010. Since then, their online library has grown to include over 18 million songs.

"With streaming music, there still isn't a huge amount of awareness," Segal said. "I think when people hear about it and realize they can access 18 million songs, they'll get really excited."

Although similar companies like Pandora and Spotify have not made their services available in Canada — cit-

### . . .

"With streaming music, there still isn't a huge amount of awareness. I think when people hear about it and realize they can access 18 million songs, they'll get really excited."

Rdio spokesperson Marisol Segal

ing things such as data caps, population size and regulatory issues — Segal says the country was always a priority for Rdio.

Users can sign up for the free trial at rdio.com. Afterwards, plans cost \$4.99 a month for unlimited web streaming, or \$9.99 for unlimited web and mobile access. LUKE SIMCOE/METRO

# Agriculture

# Japan relaxes restrictions on imported beef

Canadian cattle producers say they're pleased Japan is relaxing restrictions on imported beef from Canada and three other countries a decade after raising barriers amid the so-called mad cow disease scare.

Japan's Foreign Ministry announced it will allow imports of beef from cows up to 30 months old. The previous standard was to ban imports of beef from animals older than 20 months. "This

is an exciting announcement and we've been looking forward to this for quite some time," Martin Unrau, president of the Canadian Cattlemen's Association, said in a teleconference.

"This announcement is very significant for Canadian cattle producers. Japan is an extremely important market and this expanded access will breathe new life into the Canadian beef

Japan's Health Ministry approved the change which also applies to beef imports from the United States, France and Netherlands — following public hearings. THE CANADIAN PRESS





# **CONSUMER GUILT** & THE PROBLEM WITH DISPOSABLE **PARTY DRESSES**



SAYS. Jessica Napier metronews.ca

A group of 15 women showed up at my friend Sarah's apartment earlier this month with suitcases, laundry baskets and milk crates full of items they no longer wanted. There were piles of old books,

DVDs and housewares, but mostly, there were clothes. Oh, the clothes; piles and piles of gently used sweaters, polyester party dresses and jeans in every shade of denim imaginable. There were racks of sun-bleached maxi dresses and office-appropriate pencil skirts; some items still had the tags on.

Swap parties - an increasingly popular activity among the frugal and fashionable set — are an excellent way to purge your unwanted cast-offs and acquire some new wardrobe pieces without pulling out your credit card. Over the course of two hours, women stripped down in Sarah's living room to try on clothes and eyed each other competitively as they ravaged the mounds of silky blouses and novelty printed tank tops.

## Swap till you drop

As I looked around at the outfit carcasses strewn about the apartment, I felt sick at the wastefulness of it all and left the swap party vowing to curb my own gratuitous spending.

Once the swapping concluded, the remaining items were packed up in garbage bags to be donated to a local homeless shelter.

While there is definitely a feel-good element to this form of sustainable shopping, I couldn't help feeling horrified at the hundreds of dollars' worth of stuff we had all managed to accumulate. As I looked around at the outfit carcasses strewn about the apartment, I felt sick at the wastefulness of it all and left

the swap party vowing to curb my own gratuitous spending. I wasn't proud when, just a few days later, I found myself waiting in line to purchase a \$39.99 pair of "leather" leggings.

Human beings spend more than \$1 trillion a year on clothing worldwide — an estimated one third of those consumers come from North America. A significant percentage of this industry can be accredited to the enticing appeal of the illfitting runway knockoffs churned out en masse by monolithic European chains like H&M and Zara. Shoppers are insatiable when it comes to poorly constructed trend-driven clothes, but we neglect to think about the environmental consequences of our excessive consumption.

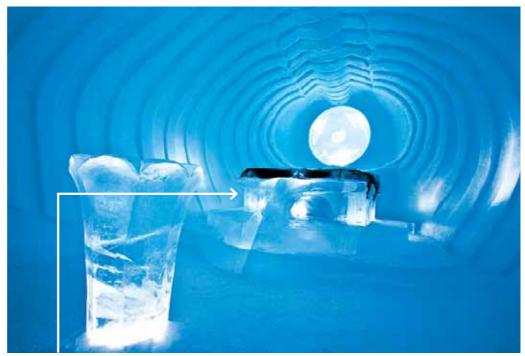
It can be hard to resist the temptation of fast fashion when



ible fads over investment pieces. But we need to work at recognizing the difference between a want and a need and reconciling our cravings for affordable fashions with our obligation to become conscious consumers. Not only for ethical and environmental considerations, but because it would be nice if our clothes didn't expire faster than a container of yogurt.

Follow Jessica Napier on Twitte @MetroSheSavs

# A whale of a suite deal



CHRISTIAN STROMOVIST

## Carving out a niche

# Icy 'whale' room helps save oceans

This interior may chill your bones, but the intention behind its design will surely warm your heart.

Designer Andrew Winch's commission to build the recently unveiled "whale" suite at the Icehotel in Jukkasjärvi, Sweden, will be donated to efforts to save the world's oceans, ecologist group Blue Marine Foundation (BLUE) has announced.

Panel

## BLUE's point of view



"Awareness is good news for the world's oceans. Today, only 2.3 per cent of them are under protection. Sadly, marine conservation is, for the moment, out of sight and mind."

Rachel Etherington, managing director at Blue Marine Foundation

## Totally chill design

- Cost. For one person, a night in the Whale Suite starts from a cool 3,250 Swedish krona (\$506).
- Temperature. The Icehotel's room temperature is a balmy -5 degrees, compared to -30

12%

# degrees outside.



Icehotel is built in and melts

Melting.

in May. The melting process takes four to six weeks.

# Taking stock

# 'Fountains' of fish could flourish in protected seas

While news that popular oily fish mackerel is no longer sustainable points to our oceans' woes, ongoing conservation projects can revive fish stocks "within five years," according to BLUE's Rachel Etherington.

"If we set up 'no take zones', such as the Chagos Archipelago in the Indian Ocean, 'fountains' of fish stocks can thrive, migrate and populate elsewhere," Etherington told Metro. METRO WORLD NEWS

## @JCork6 -41:

with windchill tomorrow, that's more like it Edmonton! Goodbye above 0 temps in January:) #yeq

## @jhaggett:

Whoa. Gas is \$1.23 in Ottawa!? Let's not tell them how much it is in Alberta :) #yow #yeg

# @realmagzD:

Drive all the way to #yeg to the Apple Store, Buy the wrong cord. Time for a "quick" trip back :S

## @Chelsey\_Adel:

Walk was a bad idea. My drink actually turned to slush. When did it get so cold in #yeg?

## @Diana75:

I do love that at 5:20pm it is still light out. #yeg

## @NewfieHabsGurl:

I seen a edmonton police officer driving on yellowhead with a person in the back, talking on his cell phone. I laughed #breakingalaw #yeg



# Will you be attending the NKOTB, 98 Degrees, Boyz II Men reunion tour? 88% NO.

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and take the quick poll

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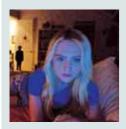
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## Paranormal Activity 4

Director, Henry Joost, Ariel Schulman

Stars. Kathryn Newton, Katie Featherston, Alexondra Lee

Ever since Oren Peli first made bank in 2009 with his found-footage combo of grainy videos, pesky demons and skittish homeowners, the push has been on to have a new chapter of the slowly evolving Paranormal Activity saga out every Halloween. The quality isn't keeping pace with the production quota. Directors Henry Joost and Ariel Schulman, back for more after helming the superior PA3, take story strands from the first three movies and try to stitch them into something resembling a cohesive narrative. It's a stretch and also not all that scary. PA4 picks up the dangling plot line from PA2 where poltergeist-plagued Californian Katie (Katie Featherston) vanished in 2006 along with her baby nephew Hunter. This is hitched to strange 2011 goings-on in a Nevada household. The expository prequel that was PA3 is all but forgotten until the confusing ending of this film. You follow? It doesn't really matter, because it's all faint-by-numbers this time, without even a cool device like the low-tech fan cam from PA3 to interest us or really scare us. Extras include the unrated version of the film plus a half hour of "found footage."



# Kutcher up to the iOB

Method man. Actor took his starring role in Steve Jobs biopic seriously — even risking his health for it

Ashton Kutcher says playing Steve Jobs on screen "was honestly one of the most terrifying things I've ever tried to do in my life."

The 34-year-old actor helped premiere the biopic jOBS the closing-night film at the Sundance Film Festival — on Friday. In the movie, Kutcher plays the Apple Inc. founder from the company's humble origins in the 1970s until the launch of the first iPod in 2001. A digital entrepreneur himself, Kutcher said he considers Jobs a personal hero.

"He's a guy who failed and got back on the horse," Kutcher said. "I think we can all sort of relate to that at some point in

Kutcher even embodied the Jobs character as he pursued his own high-tech interests offscreen.
"What was nice was when

I was preparing for the character, I could still work on product development for technology companies, and I would sort of stay in character, in the mode of the character," he said. "But I didn't feel like I was compromising the work on the film by working on technology stuff because it was pretty much in the same field."

But playing the real-life tech icon who died in 2011 still felt risky, he said, because "he's fresh in our minds.

"It was kind of like throwing myself into this gauntlet of, I know, massive amounts of criticism because somebody's going to go, 'Well, it wasn't exactly 'Kutcher said.

While the filmmakers say they tried to be as historically accurate as possible, there was also a disclaimer at the very end of the credits that said portions of the film might not be completely accurate.

Still, realism was always the focus for Kutcher, who watched "hundreds of hours of footage," listened to Jobs' past speeches and interviewed several of his friends to prepare for the role.

The actor even adopted the entrepreneur's "fruitarian diet," which he said "can lead to some serious issues.

"I ended up in the hospital two days before we started shooting the movie," he said. "I was like doubled over in pain, and my pancreas levels were completely out of whack, which was completely terrify-ing, considering everything." Jobs died of complications

from pancreatic cancer.

Still, Kutcher was up to the challenge of playing Jobs, in

part because of his admiration for the man who created the Macintosh computer and the iPod. "I admire this man so much and what he's done. I admire the way he built things,' Kutcher said.

The film also shows Jobs' less appealing side, withholding stock options from some of the company's original em-ployees and denying child sup-port to the mother of his eldest

Kutcher still found the man inspiring. Jobs had a singular focus, Kutcher said, and felt like anyone could change the world.

"I don't know if there's ever been an entrepreneur who's had more compassion and care for his consumer than Steve Jobs," Kutcher said. "He wanted to put something in your hand that you could use and you could use it easily ... and he really cared about that."

THE ASSOCIATED PRESS



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# Beyoncé-gate a sign of our times?

Reality check. The diva's inauguration performance may have sparked an important debate are we tired of living in a dream world?

The breathtaking model on your magazine cover course she's not that thin and unblemished. That reality show you never miss? You're shocked — shocked that its real-life drama isn't 100 per cent unscripted. And that diva who may or may not have mouthed the words to the national anthem to her own prerecorded voice? Yeah, well, so what? It was a big moment, and she wanted to sound her best.

Whether Beyoncé actually sang at last week's presidential inauguration — the jury's still out, and she's kept si-lent — is, on the surface, the textbook teapot tempest. Dig deeper, though, and the conversation - or lack of it reveals something important about society at this moment. The big question is no longer whether reality matters. That ship sailed long ago. More to the point is this: Can reality compete?

"It's as if the fakery has become satisfactory," says Jonathan Vankin, co-writer of Forever Dusty, a musical that takes events from the life of the late soul singer Dusty Springfield and — carefully dramatizes them.

Many, including some of Beyoncé's fans and friends, consider the inauguration debate ridiculous because. after all, even if she was lipsyncing, she was doing it to her own powerful voice. Fair enough. That ignores, however, two aspects of live performance.

First is what some consider an implicit contract between a performer and a live audience — the expectation that the audience deserves a performance that's in the moment and that might, just might, even be affected by the presence of the crowd. If none of that happens, then why not stay home, skip the hassle and listen to your iPod? And second, the version of Beyoncé's voice that might be recorded in a studio - with potential help from digital enhancement and "sweeten-- could be quite different from the one produced live on a windy, wintry Janu-

ary day.

It's hardly just music. These examples of artifice in



at the U.S. Presidential inauguration? THE ASSOCIATED PRESS

miniature pop up everywhere in American culture — so much so that we hardly even

Fundraisers sending out bulk mail now commonly use envelopes shaped like personal greeting cards and do their utmost to make the address look like it's handwritten expressly to you, sometimes even adding "personal notes" that are "written" diagonally across the back. And at Walt Disney World, ground zero of artifice, you can go for a "Caribbean" vacation or a visit to "Morocco" without ever encountering the inconvenient realities of the actual locations such as, say, upset stomachs and poverty.

But it is in entertainment a realm custom built for artifice - that this notion plays out most broadly.

Even the sordid saga of Lance Armstrong, which might seem to share little with the inaugural singing question, can teach us something. Sure, the main issues are that he doped, cheated and intimidated those who would have exposed him. But he, too, offered a not-quitereal public performance that, when you pull back the curtain, broke an implicit contract with his audience.

"Maybe, just maybe, we're all a little tired of being tricked, be it great trickery or be it small trickery," says Virginia Lee Blood, a musician and singer in Nashville, Tenn.

More than that, though, are we setting up unrealistic expectations about the world, piece by tiny piece? How can you persuade a young girl who wants to grow up to sing like Beyoncé that, yes, with practice and

# This big old world is a messy one...

"Reality is complicated, messy and uncertain. We want it to be shrinkwrapped and labelled clearly," says Mark Carnes, general editor of Past Imperfect: History According to the Movies and a historian at Barnard College. "We prefer the crisp clarity of sound bites and slogans to the blaring cacophony of the world around us.

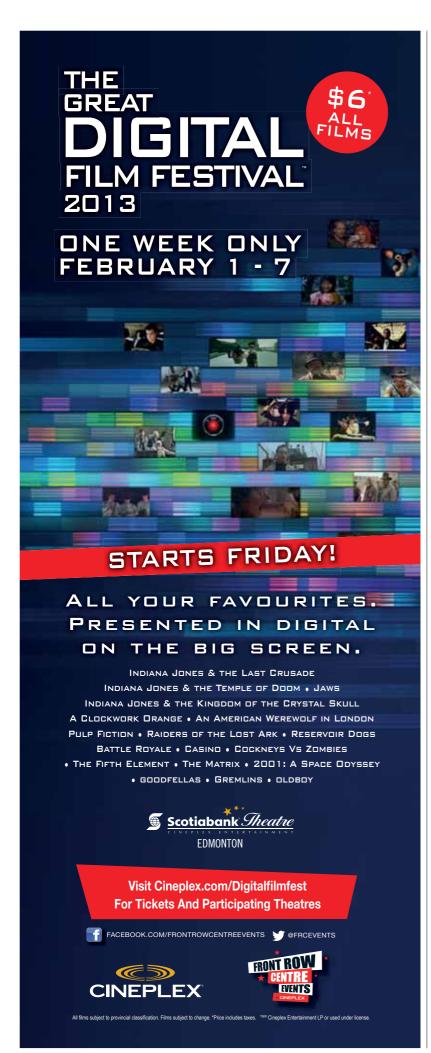
hard work she might belt out the national anthem one day at a major public event — if that performance turns out to be not entirely what it seemed?

Even Kurt Cobain, whose music was welcomed by many as a burst of show-business authenticity, struggled with the issue. In his 1994 suicide note he weighed in once more, this time about pretending to be enthusiastic on stage.

"The worst crime I can think of," Cobain wrote, "would be to rip people off by faking it."

Of course, Cobain's band. Nirvana, also produced, much more famously, six words that encapsulated the era in which we live - and give us what is perhaps the ultimate verdict on this issue. 'Here we are now," he sang. "Entertain us.

THE ASSOCIATED PRESS





# Canada ain't too keen on Quaid

It looks like Canada doesn't want Randy Quaid hanging around much longer. The troubled actor - who along with his wife, Evi, face felony vandalism charges in Santa Barbara, Calif. applied for permanent resident status in Canada, but the request has been denied, a Ĉanadian govern-ment official confirms to the Washington Times. U.S. officials have not sought the actor's extradition, but Santa Barbara authorities have made it clear they plan to have the couple arrested if they set foot back on U.S. soil.

# Ben and Jen trying to keep kids out of the biz

Hollywood has been pretty good to Ben Affleck and Jennifer Garner, but that doesn't mean they want any of their three children going into the business. "I would do whatever I could to discourage that," Affleck tells E! News. "My kids have enough issues of being exposed in ways that I don't want them to be exposed, in magazines and shows and stuff." But if daughters Violet, 7, and Seraphina, 4, or 11-monthold son Samuel should show interest in acting? "You know, if you're interested in drama, there's great theatre classes and stuff and that's what's appropriate," Affleck







is it possible to go to a hypnotist and get your memories of a past relationship or the entire memory of someone erased from your head



just saw one of those commercials for milk. glad they have those, almost forgot what milk was



@ABFoundation Disregard that last tweet. Someone hacked me.

# METRO DISH

Rick Ross is in all sorts of trouble, as is the delightful Chris **Brown** 



WORD

First up is Mr. Ross, who crashed his Rolls-Royce into an apartment building around 5 a.m. on Monday. The rapper was apparently trying to flee from an attempted drive-by shooting in Fort Lauderdale. Authorities say unknown suspects fled before police arrived and that Ross and his com-panion were unharmed. That apartment building and Rolls — not so much. Also on Monday, but

on a different coast, Chris Brown and Frank Ocean were reportedly at the center of a brawl outside a Los Angeles recording studio.

The dispute erupted over a parking spot, with members of both men's entourages kicking off the fight. Brown, no stranger to brawls, left the scene before police arrived, though Ocean and his team stuck around to give a statement. Because of that, police are classifying Ocean as "the victim," a law enforcement source tells the website. Ocean took to Twitter to address the fight, posting, 'got jumped by Chris and a couple guvs.

I only wish [his dog] Everest was there. Cut my finger now I can't play with two hands at the Grammys."

Ha. I love how Brown likes to think of himself as the bad boy of R&B — and he gets into a fight over a parking spot. His street cred is seriously impres-



# Jenna's baby bump bringing her the bizarre

Jenna Dewan-Tatum is taking to Twitter for some peace of mind during her pregnancy — with some famous friends providing answers.

"Ok my fellow preggers ladies, about these hormon-al dreams," Dewan-Tatum, who is expecting her first child with husband Channing Tatum, tweeted.

"Is it normal to fly on a magic carpet while presenting at Golden Globes?" Luckily Dewan-Tatum's pal Evan Rachel Wood, who is also currently pregnant, was online to reassure her.

"Totally normal," Wood wrote. "I floated away while holding on to balloons and velled at my dentist's assistant in my dream.'

# And she's rollin'. rollin', rollin' outta the USA



Tina Turner is ditching her U.S. citizenship and becoming a resident of Switzerland, according to Swiss newspaper Zuerichsee-Zeitung. While the local council where the 73-year-old singer has been living has approved her application for Swiss citizenship, the request still needs to be given the go-ahead by state and federal authorities. "I am very happy in Switzerland and I feel at home here. I could not imagine a better place to live," Turner tells German newspaper Blick. Turner has kept her primary home in a suburb of Zurich since the mid-1990s.



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WELLNESS

# Connecting the dots on exercise and health

Your triglyceride levels might stay on an even keel if you participate in light exercise,

especially after meals, the iournal of the American College of Sports Medicine reports

Researchers looked at healthy participants not currently taking part in an exercise program.

Once the participants ate

a meal and began a lowintensity regimen of walking and resistance exercises, their triglycerides' elevation levels were suppressed. To a lesser extent, eating after exercising had similar effects.

"High triglyceride levels can put individuals at risk

for cardiovascular disease, heart attack, and other heartrelated conditions," said lead investigator Wataru Aoi, of Kyoto Prefectural University in Kyoto, Japan. "Regular exercise is a good way to keep triglycerides from becoming elevated, and the results of

this study may help individuals manage their triglyceride levels more effectively by considering the timing.

The reports appear in the February edition of Medicine & Science in Sports & Exercise.

MEREDITH ENGEL, MWN

# on't be that kind of gym rat

**Etiquette.** How to deal with annoying people during your daily workout and how not to become one of the offenders

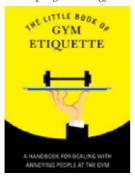
LINDA CLARKE

Lori Pines, a lawyer and avid gym-goer in New York City, was so fed up with bad gym behaviour interrupting her workouts that she wrote The Little Book of Gym Etiquette: A Handbook for Dealing with Annoying People at the Gym. So, what's her biggest

peeve?

"People leaving their things all over the place — towels, used water bottles, reading matter. They might be done with it, and they just leave it. They leave a water bottle on a machine and expect you to deal with it.

"People go to the gym to





focus on themselves," Pines

"That's what it's all about but you have to be aware of your impact on others around

you, too. People don't try to be annoying, but they often aren't aware how they're affecting

If you're exasperated with a

fellow exerciser, Pines says to try to let it roll off your back.

"The best thing to do is to stay calm. Go to another part of the gym. Try and laugh it off.'

Here is Pines' checklist for what to remember:

- Don't be a slob. "This applies to leaving things around, but also to cleanliness. In the locker room, there's nothing wrong with being naked
  — but put a towel down on the bench before sit-
- Don't be a hog. "There's always one piece of equipment that everyone wants to use. Talk to the manager and ask them to enforce a time limit. Make sure that it's posted on the equip-
- Don't be a space invader. "One example is the StairMill. People kick their legs out, wave their arms, go backward. It's really annoying to people on the next ma-chine."
- Don't be an exhibitionist. "Exhibitionists wear inappropriate clothing with body bits hanging out. They make excessive noises."
- Don't be a super-talker. "Chatterboxes are so distracting. Cellphone talkers, trainers who talk loudly. Be friendly, but extensive conversation is not the objective at the



# Tropical escape on a plate: Swordfish with Mango Salsa



Any firm fish will work with this recipe; try tuna or shark.

The key to perfect fish is to never overcook it - fish is best when slightly under-

Parsley or dill can be substituted for the cilantro, and pineapple, papaya or peaches for the mango.

The salsa is also delicious

with chicken or pork.

1. Preheat the barbecue to high or set the oven to 425 F.

Line a baking sheet with foil and spray with cooking oil.

- 2. Barbecue or bake the fish for 10 minutes per inch of thickness, or until it flakes easily when pierced with a
- **3.** While the fish is cooking, combine the mango, red and green peppers, onion, cilantro, juice concentrate, lemon juice, oil, garlic and sugar in a bowl. Mix thoroughly. Serve the fish with the salsa spooned overtop.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

This recipe serves six. mark shapiro, from rose reisman's complete light kitchen

### Prep time: 15 minutes Cook time: 10 minutes

- Six 4-oz swordfish steaks
- 1 1/2 cups finely diced mango • 3/4 cup finely diced red bell
- 1/2 cup finely diced green bell
- 1/2 cup finely diced red onion • 1/4 cup chopped cilantro
- 2 tbsp orange juice concen-
- 1 tbsp freshly squeezed lemon
- 2 tsp olive oil1 tsp minced fresh garlic
- 1/2 tsp granulated sugar



**Dinner. Whole-Grain** 

1. In sauté pan on medium-high, heat 45 ml (3 tbsp) olive oil: add onion. Cook until translucent. Add celery and crumbled sausage and sauté 7 mins. until sausage has browned.

**2.** Add diced tomatoes, hot pepper flakes and water; season with salt. Bring to boil, reduce heat and simmer 15 mins.

3. In meantime, bring a sufficient amount of salted water to boil and cook pasta according to package directions. In frving pan, heat remaining olive oil and add eggplant and zucchini. Sauté 7 mins. or until vegetables are tender but crisp. Set aside. Remove sauté pan from heat; add basil, cover and let stand 5 mins.

**4.** Add pasta to sauce and mix well. If sauce too thick, add little stock to desired consistency.

**5.** Serve pasta in a dish garnished with the sautéed vegetables, freshly grated Parmigiano-Reggiano and a thread of olive oil THE CANADIAN PRESS/CREAT-ED BY CHEF STEFANO FAITA FOR BARILLA.

- 90 ml (6 tbsp) extra-virgin olive oil, divided, plus extra for garnish
- 1 small onion, diced
- 1 to 2 celery stalks, diced
- 175 g (6 oz) Italian pork sausage (1 or 2), casing removed and crumbled
- 1 can (398 ml/14 oz) diced • 2 ml (1/2 tsp) hot pepper
- 150 ml (2/3 cup) water • Salt, to taste
- 1 box (454 g) whole-grain penne rigate
  • 1 medium eggplant, peeled
- and cut in cubes · 2 small zucchini, cut in cubes
- 4 to 5 basil leaves
- Freshly grated Parmigiano-Reggiano, to taste

# **Health Solutions**

# Good ol' topical coffee



**NUTRI-BITES** 

Don't you dare throw out those coffee grounds and tea bags! You are going to use them to replenish your tired, winter skin.

The anti-oxidants in both, along with the antiinflammatory properties that they have, are just as potent when applied topically.

To boot, they constrict blood vessels and can reduce redness, which may be helpful when Jack Frost does his bit on your

## **Green Tea Bath**

Some of the finest spas provide hot tubs infused with green tea. For an overall skin soother. tie a handful of loose leaf green tea (cheap in Asian markets!) into a j-cloth. Let it infuse in the tub while it is running. You can save this

tea sack for two or three days and use a few times

**Tea Bags** Great soothers for tired eyes once they cool off. Freeze them and spend a few minutes with them on puffy eyes. Just remember to drink water to reduce puffiness from the inside and to wash off any tea stains or you risk reducing puffiness only to enhance dark circles.

## Coffee ground

Excellent exfoliant for the body but a little too rough for facial skin. Rough knees, elbows, backs of arms that are suffering winter dryness are soothed and scrubbed in the tub. Use only tablespoons at a time lest you plug up a drain and have to go to a real spa to relax and recover from

the plumbing problem.

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Payment includes all fees, before GST, with \$1,898.26 down payment. Total cash amount is \$26,804.25 before GST. Stock number on example car is X89359 metr⊕ **RELATIONSHIPS** 

# And the award for best your partner. Discover the real reason why your partner. Discover the real reason why you clash and argue

## **Gender neutrality.**

Will acting award shows ever ignore a person's sex and allow men and women to compete for the same honours?

Do Meryl Streep, Anne Hathaway and Helen Mirren really need a category just for women
— a singular kind of affirmative action - to snare one of Hollywood's favourite accessories, an Oscar, Emmy or Screen Actors Guild trophy?

In a society tilting steadily toward gender neutrality, the separate-but-equal awards that divide actors into one camp and actresses into another have the whiff of a mouldy anachronism. True, the Association for Women in Science gives honours to encourage female success in male-dominated fields. But to mark enduring achievements, would its members ever yearn for a Women's Nobel Prize in physics? In contests

"It's an awesome question worthy of an awesome debate."

Actress Anne Hathaway
On the subject of gender neutrality in the acting business.

of intellect or artistry, should gender ever matter?

"It's not like it's upper body strength," Gloria Steinem dryly observed of the requirements of acting. The separate labelling of male and female performers is losing favour in the industry. Actresses often swat the distinction away by calling themselves standing shoulder to shoulder with their male counterparts.

Usherettes are long gone from cinema lobbies, after all. And defence officials said Wednesday the Pentagon will lift its ban on women in combat. SAG, which holds its awards ceremony Sunday, edged toward neutrality with its trophy dubbed the Actor, although the guild gives separate honours



to best performance by a male actor and female actor. That cracks the door open, but only slightly. Fling it wide so that Daniel Day-Lewis' majestic performance in Lincoln and Jessica Chastain's steely turn in Zero Dark Thirty vie for the grand

That may be progress in theory for performers, but not in practice, according to Sally Field, a SAG and Oscar best supporting actress nominee for Lincoln. "If you do that vou won't see any actresses up there (on stage) at all," she said. "The percentage of roles is so weighted toward actors. That's the way it's always been."

Exactly, concurred Naomi Watts, The Impossible best actress SAG and Academy Award nominee. "Yes, we should be able to have the same things as much as possible ... (but) life's a battle already and there's so many great roles written for men. Women are at a disadvantage when it comes to volume."

Hathaway, in the running for SAG and Oscar supporting actress honours for Les Misér-ables, considers the gender split "an awesome question worthy

anytime soon? No," she said.
So what's the problem? A quick numbers check makes it clear: Females comprised about a third of the characters in the 100 top-grossing films in 2011, according to the Center for the Study of Women in Television and Film at San Diego State University. This, despite the fact women make up slightly more than half of the U.S. population. And the finding isn't an anomaly, according to the centre's past research. In this context, feminist leader Steinem sees

## Quoted

# "It's not like it's upper body strength."

Feminist, journalist, activist Gloria Steinem On how gender shouldn't matter in contest for intellect and artistry.

Fighting in relationships is inevitable. This is not necessarily a bad thing - working through conflicts only makes your bond stronger. Of course, there are completely un-productive ways to fight, and when we're fired up it's easy to fall into those patterns. The best thing you can do to ensure a "good" fight is to know what you're pissed about, and make sure you express it.

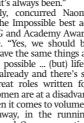
Knowing why you're mad can be trickier than you might imagine. Think about the things we tend to yell about. They're often small: leaving dishes in the sink, not taking out the trash or being 30 min-utes late. Generally speaking, these small behaviours aren't the actual problem. Maybe they're annoying, but there's probably something deeper going on that made them so infuriating in the first place.

What we're truly upset about is generally much more profound and less nitpicky than what we express. We feel neglected, walked on, rejected or unloved. But because it's hard to pinpoint one specific

behaviour that makes us feel this way, we grab onto something small yet tangible and have blow-out fights about

three dirty plates.
We get mad about things
that are easy to get mad about.
These things don't illuminate past scars, current insecurities or deep-seated fears. They let us get out all our pain and anger without having to admit how much control our partner has over our happiness. But they also distract us from hav-ing conversations about what we really need. These feelings could poison the relationship

if left unattended.
These more difficult issues that we're not confessing to our partners (and maybe even to ourselves) are the ones we need to bring up. Maybe we can't do it articulately. Maybe we don't have "facts" to support it. And maybe it makes us sound a little more vulnerable than we'd like to admit. But only by revealing your deepest wounds does your partner have any chance to heal them. METRO NEW YORK



of an awesome debate. "Can I conceive of a world

where performance becomes a genderless concept? Absolutely. Do I think it's going to happen

### staunchly progressive, shows no indication of abandoning tradition in the awards arena. The Oscars Awards, a reflec-

tion of their time, launched in the 1920s with his-and-hers acting trophies (for Emil Jannings and Janet Gaynor) and stuck with the formula.

legitimate reason to retain sep-

arate acting awards. When two

unequal groups are combined, it's the less-powerful one that

loses, she said, as when 20th-

century U.S. school desegrega-

tion led to mass layoffs of black

principals and administrators. Hollywood, often viewed as

Television showed its modernity by kicking off the Emmy Awards in 1949 with a gender-neutral trophy for best TV per-sonality — which was won by a woman, Shirley Dinsdale — according to Emmy archives.

Following Oscar's lead, however, the Emmys quickly added separate actor-actress contests

in 1951. A best reality host category, begun in 2008, is open to men and women.

In the behind-the-scenes film and TV categories in which the sexes compete, women rarely make it on stage at awards cere-monies. The Oscars started in 1929, but it wasn't until 2010 that the first woman, Kathryn Bigelow, was honoured as best director (The Hurt Locker), Stats again provide clarity: Women made up a paltry nine per cent of the directors on 2012's topgrossing films, a new San Diego

State University study found.

Let's give two-time Oscar winner Field the last word in this debate. Actresses "should be in their own category because they ARE in their own category," she said. "They face their own specific kind of difficulties surviving in this business that actors, bless their hearts, don't face.

THE ASSOCIATED PRESS

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# Avoiding the stress of RRSP season

# Alison on Money.

Setting up an automatic contribution plan will help you deal with this stressful time



YOUR MONEY Alison Griffiths money@metronews.ca

It's the best of times and the worst of times — RRSP season. Best if you've been tucking money away monthly, allowing you to ignore all the hype and look forward to a tax refund.

But it is the worst of times for those who juggle a myriad of financial commitments and haven't managed to make a dent in their contribution room.

According to a recent BMO Financial Group study, 75 per cent of Canadians with an existing RRSP have made some kind of contribution during 2012

But nearly 50 per cent of us are planning on a lump sum deposit before the March 1 deadline for the 2012 tax year. And that intention spells stress



as Canadians try to catch up because they haven't contributed enough during the year.

The maximum you can deposit to an RRSP for 2012 is \$22,970. However, not even a third of eligible Canadians make retirement contributions at all. Of that group, fewer than 30 per cent use up their annual contribution room.

It's too late to do anything about 2012 unless you have a source of cash to boost your RRSP deposit by the deadline.

But you can certainly avoid RRSP season stress next year by setting up an automatic or systematic contribution plan.

Contributing to an RRSP on a regular basis makes so much sense. Aside from anything else it reduces stress at a time of year when most people are short of funds after the holiday season.

A good strategy is to establish an automatic transfer

In number

\$69,426.19

The value of \$100 saved monthly for 25 years at six per cent average annual return (assuming dividends and interest re-invested).

from your bank account to your RRSP when your pay cheque is deposited.

Those who are paid every two weeks will make 26 contributions annually.

Another tip is to pick an amount that's not going to cause financial stress. Don't aim for the stars. It's better to start small and increase it once you've adapted to having the money gone before it can be spent.

If you already have an automatic contribution plan, bump it up by five to 10 per cent and

aim to do that every year at this time.

Tax refunds make handy RRSP contributions. However, I prefer to see that money used to pay down debt.

It is better to imbed regular retirement savings in your financial life just as you do rent or mortgage payments.

Contact Alison at griffiths.alison@ gmail.com or alisongriffiths.ca

## Retirement savings

# Fitting the lottery into your financial plan



FUN AND FRUGAL Lesley Scorgie money@metronews.ca

Sometimes I daydream about what it would be like to win the lottery. I can only imagine how \$20 million could change my life and those around me.

If invested in a growing business, it could double in value and would surely last a lifetime. Wow! But the odds are stacked against every lotto ticket purchaser — one in tens of millions of people win. So why play?

why play?
Many people that do are drawn to the game because if their "what if" daydream actually comes true, the financial reward is greater than what a lifetime of working could ever produce.

For most Canadians, however, winning the lottery will never happen. If you're banking on winning the lottery to provide enough for your retirement, think again.

You have the ability to

You have the ability to improve your financial odds thousands of times over simply by sticking with tried and true sayings principles

true savings principles.

Rather than purchasing



\$25 a week in lotto tickets, invest that in a tax advantaged savings plan like the RRSP.

If you started contributing \$25 a week at age 25, retired at 65 and earned eight per cent in your RRSP over the course of 40 years, you'd have \$335,000 in retirement savings.

If you doubled that weekly amount, under the same scenario it would total \$670,000 by retirement. (Run your savings scenario with the free retirement savings calculator at getsmarteraboutmoney.com.)

If, on the opposite side of the spectrum, you're making maximum contributions to your RRSP, TFSA and retirement savings program through work, then playing the lottery isn't the end of the world. It may actually im-

prove your financial odds.

As with most things in life, moderation is key. If you're really feeling lucky, a lotto ticket purchase from time to time won't hurt. But don't play the lotto at the expense of paying your heating bill or making contributions to your retirement savings.

Always stick to tried-andtrue financial planning principles; spend wisely, save and invest for your future (at least 10 per cent) and give back to your community.

Follow Lesley on Twitter @LeslevScorgie

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24 SPORTS metronews.ca Tuesday, January 29, 2013

# Edmonton Oiler Jordan Eberle, left, and Colorado Avalanche Shane O'Brien battle for the puck Monday in Edmonton. JASON FRANSON/THE CANADIAN PRESS

# Oilers power up power play vs. Avs

NHL. Edmonton jumps out to a healthy lead after falling behind in four previous games

Devan Dubnyk made 37 saves Monday and the Edmonton Oilers scored all of their goals on the power play to defeat the Colorado Avalanche 4-1.

Ales Hemsky, Jordan Eberle, Shawn Horcoff and Nail Yakupov, into an empty net, scored on the man advantage for the Oilers (3-2-0). Taylor Hall and Sam Gagner each picked up two assists for Edmonton, which finally got a strong start to a game after falling behind

On Monday

1
Oilers Avalanche

in each of its four previous outings.

outings.
P.A. Parenteau replied for the Avalanche (2-3-0), who have lost two in a row to start a four-game road trip.

trip.
Edmonton opened the scoring with five minutes left to play in the first on the tail end of a power play. Hemsky swooped in and swatted a puck past Colo-

rado goalie Semyon Varlamov during a scramble in front of the net.

The Oilers added another power-play goal with two minutes left in the period as Eberle picked the top corner on a shot from the top of the circle for his third of the season.

Edmonton had 14 shots in the first while Colorado only managed three on Dubnyk.

The Oilers took a threegoal lead midway through the second period on yet another man-advantage opportunity as Hall's shot hit Horcoff's skate in front and squeaked past Varlamov.

Colorado had its best chance to that point of the game a minute later as Jamie McGinn had Dubnyk beat but rang a shot off the post.

Persistent pressure by the Avalanche in the third finally paid off eight minutes in as Parenteau fired a shot under Dubnyk's pads at the side of the net to make it 3-1.

Yakupov scored his third of the season on yet another power play with 30 seconds left and Varlamov on the Colorado bench for an extra attacker.

Varlamov finished the night with 23 saves.

Both teams return to the ice on Wednesday as the Oilers begin a three-game trip in Phoenix, while the Avalanche visit Vancouver.

# NHL

# Subban strikes 2-year deal to stay a Canadien

Defenceman P.K. Subban will be rejoining the Montreal Canadiens after signing a two-year, \$5.75-million US contract on Monday.

He will make \$2 million the first year after having earned \$875,000 last season on an entrylevel contract.

THE CANADIAN PRES



## X Games

# Snowmobile rider in critical condition

Snowmobile rider Caleb Moore remains in critical condition after a crash at the Winter X Games in Aspen and is being closely monitored.

His family thanked Moore's fans for their support Monday and asked

for their prayers.
The 25-year-old was performing a flip Thurs-day when he clipped the top of a jump and went over the handlebars. The snowmobile rolled over him, but he walked off the course with help and went to a hospital with a concussion.

While there, he developed bleeding around his heart and was flown to Grand Junction for surgery Friday. His family said Sunday that Moore then had a secondary complication involving his brain.

THE ASSOCIATED PRESS

# **Tiger rules once more at Torrey Pines**



Tiger Woods is a winner again at Torrey Pines, and the only question on Monday was how long it would take him to finish.

Woods stretched his lead to eight shots in the Farmers Insurance Open before losing his focus, and his patience, during a painfully slow finish by the group ahead.

Despite dropping four shots over the last five holes, he still managed an even-par 72 for a four-shot victory on the course where he has more wins than any other in his pro career.

One week after he missed the cut in Abu Dhabi, he ruled at Torrey Pines. Woods built a six-shot lead with 11 holes to play when the final round of the fog-delayed tournament was suspended Sunday by darkness. He returned Monday and looked stronger than ever until the tournament dragged to a conclusion. Having to wait on every tee and from every fairway—or the rough, in his case—Woods made bogey from the bunker on the 14th, hooked a tee shot on the 15th that went off the trees and into a patch of ice plant and led to double bogey, and then popped up his tee shot on the 17th on his way to another bogey.

"It got a little ugly toward

## Adding to his tally

- Woods won this tournament for the seventh time, one behind the record held by Sam Snead, who won the Greater Greensboro Open eight times.
- It was his 75th career win, seven short of Snead's all-time tour record.

the end," Woods said. "I started losing patience a little bit with the slow play. I lost my concentration a little bit."

THE ASSOCIATED PRESS

# Gore getting his chance to shine



NFL. 29-year-old coming up big after years of disappointment in San Francisco

Frank Gore never lost hope. Not through all the injuries, all the losing early in his

That perseverance finally paid off this season for the San Francisco running back.

29-year-old Gore helped the 49ers reach the

Super Bowl for the first time since 1995, a triumph that is especially sweet given all he's been through. He tore up both knees in college. He underwent major surgery on both shoulders after he got to the pros. He lost part of another season to a hip in-

jury.

Not to mention, Gore didn't experience winning in the NFL until his seventh

"It was tough, real tough," he said Monday. "It was tough coming to work, espe-

cially for me coming from a winning program (Miami) in college. I was never used to losing. I used to take it hard."

One of his teammates, fullback Bruce Miller, has noticed the determination in Gore's eyes as the team prepares to face the Baltimore Ravens in the title game Sun-

day.
"It means a lot to him,"
Miller said. "In meetings and at practice, you can see how intense and focused he is. He's worked hard for it."

THE ASSOCIATED PRESS

## NFL

# **New Orleans** relishina return of Super Bowl

A 20-storey-high mural of the Lombardi Trophy, affixed to the glass ex-terior of a bustling hotel that was once a shattered symbol of Hurricane Katrina's devastation. rises like a beacon above the expansive white roof of the Superdome.

The Super Bowl is back in the Big Easy, finally, after 11 years, giving New Orleans a spotlight of global proportion to showcase how far it has come since Katrina left the city on its knees and underwater in August of 2005.

"The story is much, much bigger than the Super Bowl," Mayor Mitch Landrieu said Monday afternoon. "This is a story about the resurrection and redemption of a great American city.

"The Super Bowl gives us an opportunity to reflect on where we've been and where we're

From 1970 to 2002, New Orleans was a regular host of the Super Bowl and hopes to be again. This Sunday, when the Baltimore Ravens meet the San Francisco 49ers in the Superdome, the Crescent City will host the NFL's marquee game for the 10th time, tving Miami for the most

THE ASSOCIATED PRESS





# Davis Cup. Raonic healthy heading into Spain draw

Milos Raonic felt after his defeat to Roger Federer at the Australian Open last week that some relaxation was necessary. Off to Whistler he went.

Rest and recreation time is

Raonic will be counted upon by fans and media to be Canada's star performer against Spain in the Davis Cup World Group first-round tie, starting Friday in Vancouver.

The winner moves on to the quarter-finals in April.

Canada's roster also

cludes Frank Dancevic, 40-yearold and 80-time doubles champion Daniel Nestor, and Vancouver's Vasek Pospisil. Of the four, only the 22-year-old Raonic is ranked among the top 100 men's singles players in the world at 15th.

"It is in a sense but at the same time it's a team event," Raonic said Monday when asked if this is his squad to

"So you've just got to focus on yourself ... and hopefully I'm playing really well.

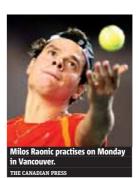
Raonic had been dealing with inflammation in the joints of his left foot while in

Melbourne. "Perfect. No problems," Raonic said of his health Monday.

Canada comes into this competition 12th in the Davis Cup rankings. Spain is tops and a five-time champion.

Spain will be without their top three players - David Ferrer, Rafael Nadal and, most re-cently, Nicolas Almagro due to a reported leg injury.

CAM TUCKER/METRO IN VANCOUVER



# NBA. Lee leads Warriors past Raptors

David Lee had 21 points and 12 rebounds Monday as the Golden State Warriors defeated the Raptors 114-102 in Toronto.

THE CANADIAN PRESS

# NHL. Benn debuts in Stars loss

Jamie Benn tallied an assist in his first action of the season for the Dallas Stars in Monday's 2-1 loss to the Columbus Blue Jackets. He signed a five-year, \$26.5-million contract last week.

# **AHL.** West bests East in all-star game

Toronto Marlies captain Ryan Hamilton completed his hat trick with 11.2 seconds left in regulation Monday as the Western Conference defeated the Eastern Conference 7-6 in the American Hockey League all-star game. THE CANADIAN PRESS

BY KELLY ANN BUCHANAN

# See today's answers at metronews.ca/answers.

# **↑** Aries

# March 21 - April 20

Focus on the things that are going well for you rather than the things that are going wrong, Financially and affectionately, you have much to look forward to. So, be positive and before long positive things will occur

# **Taurus**

April 21 - May 21 Try not to be too concerned about what you own and what you earn. Jupiter's imminent move in your favour will resolve most if not all your financial problems, so why should you worry? Times are not so tough.

## **∐** Gemini May 22 - June 21

You seem rather excitable at the moment - much like most other moments really, only more so. Maybe it's because you can sense that something wonderful is about to happen. Be ready for it and enjoy it.

# **9** Cancer June 22 - July 23

It may seem as if your life is falling apart but only because you are looking at it from an entirely negative angle. Compared to most people, you have it easy. You don't believe that? Look around you at the world.

# $\Omega$ Leo

July 24 - Aug. 23

You will need to be flexible today, so don't plan your schedule in too much detail. In fact, don't plan it at all. No matter what you are doing, you must be ready to drop it all – even at a moment's notice.

# **W** Virgo Aug. 24 - Sept. 23

Now is the time to cosy up to your employers and other important people. With Jupiter about to move in your favour in the career area of your chart. you will know just what to say to get the desired effect.

# 

Sept. 24 - Oct. 23

You must keep dreaming, even if too many of your dreams have failed to come true. Cosmic activity in the best areas of your chart suggest it won't be long before your luck turns — and it will turn big time.

# **M** Scorpio

Oct. 24 - Nov. 22

You will do yourself a lot of favours if you resist the urge to reply in kind to any adverse comments you might receive from those you work or do business with. Count to 10. Make that 20, actually.

## Sagittarius Nov. 23 - Dec. 21

Jupiter's presence in your opposite sign of Gemini will make it easy for you to empathize with loved ones. friends, even strangers. You understand that, like you, they are all striving to be the best they can be.

# **17** Capricorn

Dec. 22 - Jan. 20

A light-hearted approach to life will make it easier to deal with the heavy duties you are labouring under. Whatever you are expected to do, at home and at work, don't take it too seriously (but do it well).

# Aquarius Jan. 21 - Feb. 19

You can feel that something special is about to happen, something that has been building up behind the scenes for months. Jupiter, planet of prosperity, is about to bring many good things your way.

# H Pisces

How can you make your home life more exciting? That is the question you have been struggling with in recent weeks and the good news is you are about to find out. Don't let others' negativity hold you back, SALLY BROMPTON

- 4. Research papers, e.g.
- 8. Coffee brand est. 1896 in
- 14. Hawaiian island
- 16. Brad Pitt movie: 2 wds.
- 20. Dixie Cups song, when doubled
- 21. Unyielding 23. Financial magazine
- 26. Past person of Peru

- 32. \_\_ Na Na 33. Old West hangout
- 35. Lettuce variety
- 38. Ms. Poehler's
- 41. Belonging to the intl. org.
- based in NYC

- 44. Legendary Canadian heavy

- 49. Veer

- 56. Slang-style insult
- 57. Hammer \_ \_\_ in 58. Green Gables area of PEI
- 61. Montreal-born country singer
- Up" by John Mel-
- lencamp
- 64. "You Won't " by The
- 's Waiting'

- 1. Pressure meas.
- Vancouver
- 13. Tsar's li'l land
- 15. Chicago's airport
- 18. Aussie actress Ms. Wilson
- 19. "This \_\_\_ recording..."

- 25. Persia now
- 27. Calamari
- 28. William to Harry, for short
- 31. \_\_ cake 32.

- 36. "Shout" by The Brothers
- 39. Plane name
- 42. Sports org.
- 43. Canonized titles [abbr.]
- metal band
- 46. Serene 48. Tightly stretched
- 51. Adele's Oscar-nominated song
- 55. 1990s trial Judge

- Ms. Clark
- 62. "Get
- 63. Some vowels
- Beatles
- 65. Bananarama song: "Robert De
- \_\_. \_, "The A-Team" star

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43	+		44	$\vdash$	45		+			46	+	1	47
							1	0					

64

- 1. Warden's worry: 2 wds.
- 2. Tea party items: 2 wds.3. 'Book' suffix
- 4. Enjoys heavy metal
- \_\_ Alto, California 6. Wed.'s follower
- 7. Automaker of Japan
- 8. Rouyn-\_\_, Quebec 9. "Cough..."
- 10. The Who's "\_\_ O'Riley" 11. Lucy Liu's 'Kill Bill' role, \_-\_
- Ishii 12. Fashion accessory
- 16. Minnie Mouse's pet dog Sudoku

- 17. Fasten
- 22. Namesakes of Donald Duck's beloved
- 24. Disney deer 25. Nunavut's capital

58

62

65

- 27. Quietude requests, variantly
- 28. Canadian aircraft manufacturer
- 29. Typical item on Charles and
- Camilla's itinerary: 2 wds. 30. Offs opposites
- 32. Newfoundland attraction,
- 34. Oprah's recent interviewee
- 35. Blues guitarist Mr. King's 37. Made-bigger pic

2 9

9

8

4

- 40. Cape Breton fiddler Ms. MacMaster
- 45. What Spock's father was
- 47. Fit 49. Prefix to 'saurus' (Plated-back

66

- dino) 50. Triumphed
- 51. TGIF followers 52. Human hinge
- 53. Handled easily, as a ship
- 54. Tom Cruise movie, "The \_ (1993)
- 55. Folkie band, Bon
- 59. CNN's Mr. Velshi 60. Built by a beaver

# Feb. 20 - March 20

How to play Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

4	0	1	5	8	2	7	9	3
3	5	9	1	6	7	8	2	4
B	2	7	3	9	4	6	1	5
6	9	2		7		5	3	ē
5	7	4	9	3	8	1	6	2
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WEDNESDAY

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MAX: -22°

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MAX: -4

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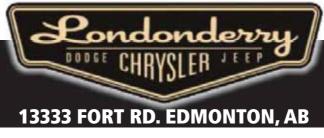




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